

Cincinnati Recreation Commission

www.cincyrec.org

All Ages

Swim Lessons

Learn to swim with
American Red Cross
instructors at

ALL CRC POOLS

Various locations around the city.



Group Lesson Fee: \$10.00

10-12 half-hr. classes

Session Dates: Monday, June 13 - Friday July 22, 2011

Sign up at the CRC Pool of your choice.

Even if you are not from that area, you are welcome at any of CRC's city pools.

Annual City-Wide Pool/Center Membership: \$25 for adults (18-49) / \$10 for Juniors (17 & younger) & Seniors (50+)

Membership at Otto Armleder Dunham Pool \$50 for individual / \$120 for family

Membership required for swim lessons.

Parent and Child Aquatics (ages 6 months - 3 years old)

Pre-School Levels 1, 2, 3 (ages 4 and 5)

Level 1 - Introduction to Water Skills (ages 6 and older)

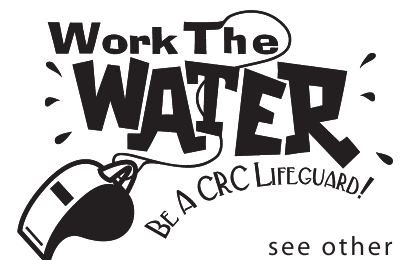
Level 2 - Fundamental Aquatic Skills

Level 3 - Stroke Development

Level 4 - Stroke Improvement

Level 5 - Stroke Refinement

Level 6 - Swimming and Skill Proficiency



see other side

For more information call

(513) 357- POOL (7665)

Learn To Swim Program

CRC's **Learn To Swim Program** is American Red Cross instruction designed to help swimmers of all ages begin, develop and refine their swimming skills. Red Cross Water Safety Instructors and Water Safety Aides teach a variety of swim strokes, personal safety skills and diving techniques. At more advanced levels, students refine skills and discover how to incorporate swimming into a lifetime fitness program. The American Red Cross **Learn To Swim Program** is the most comprehensive and effective program of its kind available anywhere! CRC's Red Cross **Learn To Swim Program** is progressive; you must satisfactorily demonstrate the skills of the previous level on the first day of class to gain admittance into the next level. On day one, swimmers will be placed into levels based upon skill testing.

Private Lessons: **4 1/2 hour classes package = \$80.00**
Group Lessons: **10-12 1/2 hour classes = \$10.00**

CRC City-wide poolcenter membership or Dunham - Otto Armleder Pool membership required.

Learn To Swim Program Session Dates:

Session Dates Monday, June 13 to Friday, July 22

Dunham - Otto Armleder Registration – 4356 Dunham Lane 45238

Wednesday, June 1 6:00pm-8:00pm

3 sessions offered: Monday, June 13 to Thursday, June 30

Tuesday, July 5 to Thursday, July 21

Monday, July 25 to Thursday, August 11

Pleasant Ridge Pool Registration at Pleasant Ridge Center - 5915 Ridge Road 45213

Tuesday, June 7 6:00pm-8:00pm

For Registration at all other pools, visit or call the pool.

*Course fees will not be refunded for inclement weather or class cancellations.

Adults of all skill levels are welcome year-round for lessons. Contact the pool.

Parents and Child Aquatics - ages 6 months-3 years old.

Builds swimming readiness while emphasizing fun. A great chance for children and parents to enjoy the water together! Parents/Caregivers are required to be in the water with their children.

Preschool Level 1,2,3 - ages 4 and 5.

Promotes the developmentally-appropriate learning of fundamental water safety and aquatic skills by young children.

Level 1- Introduction to Water Skills - ages 6 and older

Orientation to water, basic safety rules, blowing bubbles and bobbing in chest deep water.

Level 2 - Fundamental Aquatic Skills

Expands on basic skills, gliding, rhythmic breathing, flutter kick, retrieving objects from pool bottom in chest-deep water.

Level 3 -Stroke Development

Increases swimming skills, safety and non-swimming rescue skills, safe diving rules, life jackets and opening airways.

Level 4 -Stroke Improvement

Develops confidence and competency in strokes and safety skills, familiarity with CPR, perform rotary breathing, deep-water bobbing and experimenting with buoyancy and floating positions.

Level 5 -Stroke Refinement (offered in summer)

Provides further coordination and refinement of strokes, butterfly, front crawl, back crawl, breast-stroke, elementary backstroke and sidestroke.

Level 6 -Swimming and Skill Proficiency (offered in summer)

Develops maximum efficiency, power and endurance of strokes.

Menu options: Personal Water Safety, Lifeguard Readiness, Fundamentals of Diving, Fitness Swim-ming.

Learn to Swim Program Schedule

POOL	Phone	Type	Lesson	Session	Days	1/2 Hour Class Times	Preschool Levels	Age 6+ Levels	Adult
Bond Hill	242-6897	deep	\$10.00	6/13-7/22	T&Th	12:00pm-12:30pm or 12:30pm-1:00pm	1,2,3	1,2,3,4,5	
Bush	751-5085	deep	\$10.00	6/13-7/22	T&Th	12:30pm-1:00pm	1,2,3	1,2,3,4,5	
Camp Washington	681-1241	deep	\$10.00	6/13-7/22	T&Th	12:00pm-12:30pm	1,2,3	1,2,3,4,5	
Dempsey	921-6338	deep	\$10.00	6/13-7/22	M&W	12:30pm-1:00pm	1,2,3	1,2,3,4,5	
Dickman	941-6270	deep	\$10.00	6/13-7/22	M&W or T&Th	5:30pm-6:00pm	1,2,3	1,2,3,4,5	
						5:30pm-6:00pm	1,2,3	1,2,3,4,5	
Dunham, Otto Armleder	251-0150	shallow	\$10.00	6/13-7/22	T&Th	10:30am-11:00am, 11:00am-11:30am, 11:30am-12:00pm	1,2,3	1,2,3,4	
			\$10.00	6/13-6/30	Sess.1 M-Th	5:30pm-6:00pm or 6:00pm-6:30pm		1,2,3,4	
			\$10.00	7/05-7/21	Sess.2 M-Th	5:30pm-6:00pm or 6:00pm-6:30pm		1,2,3,4	
			\$10.00	7/25-8/11	Sess.3 M-Th	5:30pm-6:00pm or 6:00pm-6:30pm		1,2,3,4	
			\$10.00	6/11-8/13	Sat	11:30am-12:30pm	Parent & Child		
Evanston	221-5150	shallow	\$10.00	6/13-7/22	M&W	12:30pm-1:00pm	1,2,3	1,2,3	
Fairview	421-4576	shallow	\$10.00	6/13-7/22	T&Th	12:00pm-12:30pm or 12:30pm-1:00pm	1,2,3	1,2,3	
Filson	721-1209	deep	\$10.00	6/13-7/22	T&Th	12:00pm-12:30pm	1,2,3	1,2,3,4,5	
Hanna, Otto Armleder	721-7521	shallow	\$10.00	6/13-7/22	T&Th	12:30pm-1:00pm	1,2,3	1,2,3	
Hartwell	821-2153	deep	\$10.00	6/13-7/22	M&Th	12:00pm-12:30pm or 12:30pm-1:00pm	1,2,3	1,2,3,4,5	
Hirsch, Otto Armleder	751-0601	shallow	\$10.00	6/13-7/22	M&F	12:30pm-1:00pm	1,2,3	1,2,3	
LeBlond	281-3717	shallow	\$10.00	6/13-7/22	T&Th	12:30pm-1:00pm			
Lincoln	621-6783	deep	\$10.00	6/13-7/22	M&W	12:00pm-12:30pm or 12:30pm-1:00pm	1,2,3	1,2,3,4,5	
					M&W	5:00pm-5:30pm	1,2,3	1,2,3,4,5	
Madisonville	271-3301	deep	\$10.00	6/13-7/22	T&Th	5:30pm-6:00pm or 6:00pm-6:30pm	1,2,3	1,2,3,4,5	
McKie	681-7669	deep	\$10.00	6/13-7/22	T&Th	12:00pm-12:30pm or 12:30pm-1:00pm	1,2,3	1,2,3,4,5	
Millvale	541-1707	deep	\$10.00	6/27-7/20	M,T,W	12:30pm-1:00pm	1,2,3	1,2,3,4,5	(lessons June 27-July 20)
Mt. Adams	421-5073	shallow	\$10.00	6/13-7/22	M&W	6:00pm-6:30pm	1,2,3	1,2,3	
					T&Th	5:00pm-5:30pm or 5:30pm-6:00pm	1,2,3	1,2,3	
					Sat	1:00pm-1:45pm	Parent & Child		
Mt. Washington	232-5621	deep	\$10.00	6/13-7/22	M&W or T&Th	12:30pm-1:00pm or 5:30pm-6:00pm	1,2,3	1,2,3,4,5	
					T&Th	12:30pm-1:00pm or 5:30pm-6:00pm	1,2,3	1,2,3,4,5	
					Sat	12:30pm-1:00pm	Parent & Child		
Oakley	631-4264	deep	\$10.00	6/13-7/22	T&Th	12:00pm-12:30pm or 12:30pm-1:00pm	1,2,3	1,2,3,4,5	
Pleasant Ridge	531-1707	deep	\$10.00	6/13-7/22	M&W or T&Th	11:00am-11:30am, 11:30am-12:00pm, 12:00pm-12:30pm	1,2,3	1,2,3,4,5	
					T&Th	11:00am-11:30am, 11:30am-12:00pm, 12:00pm-12:30pm	1,2,3	1,2,3,4,5	
Ryan	661-3128	deep	\$10.00	6/13-7/22	T&Th	11:30am-12:00pm, 12:00pm-12:30pm, 12:30pm-1:00pm	1,2,3	1,2,3,4,5	
Spring Grove	524-2768	shallow	\$10.00	6/13-7/22	M&W	6:00pm-6:30pm	1,2,3	1,2,3	
Village					T&Th	5:00pm-5:30pm or 5:30pm-6:00pm	1,2,3	1,2,3	
Winton Hills	641-3688	deep	\$10.00	6/13-7/22	M&W	12:30pm-1:00pm	1,2,3	1,2,3,4,5	
					T&Th	5:30pm-6:00pm	1,2,3	1,2,3,4,5	
Ziegler	621-3650	deep	\$10.00	6/13-7/22	M&W or T&Th	12:30pm-1:00pm	1,2,3	1,2,3,4,5	
					T&Th	12:30pm-1:00pm	1,2,3	1,2,3,4	